



NOW YOU'RE A DAD

FREE 3 WEEK ONLINE PROGRAM FOR NEW DADS LOOKING FOR TIPS AND INFORMATION

This 3 week online program for new dads (and father figures) will discuss the important role of fathers and provide strategies and tips to support your child's development. All sessions will be facilitated by a DadsWA fathering worker and a Ngala Child Health Nurse. This is a great chance to increase your parenting skills and talk with other new dads.

WOULD YOU LIKE TO DISCUSS

- Strategies to assist father-child bonding
- Ways to support your child's brain development
- Tips for establishing healthy sleep and diet patterns
- Why fathers need to take care of themselves as well as their family.
- The importance of being part of a parenting team

Where: Online via Teams.
When: Tuesday 19, 26 Sept and 3 October 2023
6.30-8.00pm (at the latest)
Cost: FREE
Book online: www.ngala.com.au or scan QR code
Phone: 9368 9379 or
Email: DadsWA@ngala.com.au



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